

# Back to School

STAYING HEALTHY • SUPPORTING EACH OTHER • PROMOTING RESILIENCE

As the COVID-19 pandemic continues to impact our lives, it is essential that we address mental health and promote resilience in our homes, schools and communities. Below are resources for families and youth.

## Mental Health Technology Transfer Network

**Fostering Resilience in Families** during Uncertain Times:  
Tips to promote and develop resilience, the ability to “bounce back,” or adapt in the face of hard times, trauma, or significant sources of stress.



## National Association of School Psychologists

### **Helping Children Cope with Changes Resulting from Covid 19**

This resource helps families adapt to the evolving changes in daily life caused by the COVID-19 pandemic

### **Care for Caregivers: Tips for Families and Educators**

Tips for parents, teachers, and other caregivers to address their own mental health and wellness.



## National Child Traumatic Stress Network (NCTSN)

### **Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)**

### **Trinka and Sam Fighting the Big Virus booklet and discussion guide.**

The story opens doors to conversations about COVID-19, ways that families and communities are working together to keep safe from the virus, family and community strengths, common challenges and reactions in children and adults, ways that families support children and each other, and our intense gratitude for frontline workers.

**Fighting the Big Virus: [Click Here](#) for Trinka and Sam's Questions**



## The American Association of Child and Adolescent Psychiatry

### **Resources for Helping Kids and Parents Cope Amidst COVID-19:**

[Click Here](#) for a list of resources to help parents discuss the coronavirus.

**Talking to Kids about the Coronavirus.** [Click Here](#) for the information.

**Tools to Promote Wellness:** Strategies to promote mental health and some creative tools to support your wellness. From the School Mental Health Resource and Training Center Mental Health Association in New York State

**I have a Question about Coronavirus:** Children's booklet to help parents and Caregivers answer questions about the virus



## ADAPP Resources

The **ADAPP** website provides the most up to date information about all aspects of mental health and wellness including social and emotional competencies, trauma and substance abuse prevention.

[Click Here](#) for Covid 19 Resource Page  
[Click Here](#) for Covid-19 Crisis Support Flyer

